



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, August 14 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177

Conference Code: 399 756 1793#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **10 Vital Behaviors of a Self Leader** (Jack Bastable, CBIZ)
 - Champion Sharing of Vital Behaviors #6 + 7
 - Introduce Vital Behavior #8
- **Agency Wellness Programs**
 - Programming Ideas
- **Champion Sharing**
- **Feedback**
 - New HealthQuest Portal Homepage

Best Wishes to Julie Faust!

Julie's last day with the State Employee Health Plan was August 7, however she is now working for University of Kansas and will continue to be involved with HealthQuest as a Wellness Champion!

3

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

4

HealthQuest
Wellness Champion Network



#6 Self-Leaders engage in intentional, meaningful relationships at work and at home

#7 Self-Leaders consider food as an energy foundation and a healing source and consider their long-term vision when making nutrition decisions



#7 Self-Leaders consider food as an energy foundation and a healing source and considers their long-term vision when making nutrition decisions

- They have learned the skills to shop for, choose and prepare highly nutritious food options, based on their personal nutritional requirements
- They resist quick, unhealthy choices
- They manage stress and energy levels by never sitting more than 45 minutes at a time and keep healthy metabolism by eating often, never going more than four hours without nutrition

Resources:

www.choosemyplate.gov

www.cspinet.org

www.heart.org (click “Getting Healthy” and “Nutrition Center”)





#8 Self-Leaders build periodic physical activity and recovery into their work day to maintain energy throughout the day and evening

9

#8 Self-Leaders build periodic physical activity and recovery into their work day to maintain energy throughout the day and evening

- Understand how daily activity impacts their productivity and energy
- Have developed skills for moving during the day, never sitting more than 45 minutes at a time
- Take advantage of activity and asks "how could I be more active?"
- Develops and maintain proper sleep habits

Resource:s

www.KansasHealthQuest.com

www.sparkinglife.org – **SPARK**, by John Ratey

www.mapmyrun.com

10

Programming Ideas

<http://www.idealife.com/fitness-library/pedometer-programs>

<https://aom3.americaonthemove.org/>

www.presidentschallenge.org

http://www.sparkpeople.com/resource/fitness_articles.asp?id=1205



11

Agency Wellness Program

- Self-Report Form category on the wellness portal for 5 credits
- To be used for agency wellness programs that can be promoted as an opportunity to earn 5 credits
- A completion certificate will need to be provided to completers with a code to enter into the Self-Report Form (required to submit the form)
- Please submit your agency program idea to HealthQuest for approval

Agency Wellness Program II
5 Credits

Participate in an Agency Wellness Program and earn 5 credits. Class must be completed August 1, 2013 - November 15, 2014. Once you have completed an Agency Wellness Program, complete this form to earn your wellness credits.

[Continue](#)

Agency Wellness Program
5 Credits

* Date program was completed	<input type="text"/>
* Name of program	<input type="text"/>
* Program completion code (found on certificate)	<input type="text"/>

[Continue](#)

12

Pedometers and Portion Plates Available!



For your chance to receive pedometers or portion plates to use for your health promotion program/project, please submit your idea to Marissa.Kalkman@alere.com

13

Tell Us What You're Planning!

Do you have a health promotion initiative planned for your location?

Are you looking for a way to reward your co-workers or encourage them to participate in your program?

HealthQuest can help! For your chance to earn pedometers or portion plates to use for your initiative, please submit a proposal to Marissa.Kalkman@alere.com with this information:

1. Description of the program/project you have planned
2. The number of items you need
3. A commitment to share the results of your initiative with champions during a future webinar

Supplies are limited. Proposals will be reviewed and responded to in the order that they are received.

14

Champion Sharing

Wellness – From Attitude to Action

Bill Heiman

<http://www.kansasgreenteams.org/green-guide>

Cheryl Wiley

<http://ahealthieramerica.org/>

Vanessa Newton

Office Exercise videos at KU



Feel free to share any additional ideas, information, resources – you can also post to [HealthQuest on Facebook](#) #attitudetoaction

15

HealthQuest Program Extension

- The HealthQuest program end date is being extended to November 15, 2014
- The benefits of participating are still available and you may continue to use the tools and resources on the portal
- The next HealthQuest program year will be November 16, 2014 – November 15, 2015

There's more time to earn the rewards of good health!
The end date for the HealthQuest program is extended to November 15, 2014.

16

Thank You for Attending Today!

Next Meeting is Thursday, September 11, 11:00-11:45am

Secret Question:

Open Questions / Comments

